

Wellness Program

Bahia del Sol is a serene destination in which to build immune response, restore balance and increase well-being.



This is a personalized wellness vacation that includes spa treatments, yoga, breathing and meditation classes, private cardiovascular exercises, custom immune-boosting IV infusions, vitamin D, a neuro-linguistic programming session and more, all of this while you enjoy our beautiful beachfront property.

This is a great vacation for solo travelers and couples, or just two friends who wish to experience an authentic intimate wellness vacation in Costa Rica.



Day One

Once you have settled in, meet the doctor in charge of providing you a multivitamin IV therapy to recharge your body with vitamins, nutrients, fluids, electrolytes and anti-oxidants. Enjoy an ocean view with a refreshing drink while you receive this immunity healing therapy. Afterwards, receive a balancing facial and foot reflexology by the beach.



Finish your day with a delicious dinner at our restaurant. All meals are included in this program.



Day Two

Start your morning with a coffee and / or juice on the terrace of your suite or while enjoying beautiful Potrero Beach. Then, join your wellness practitioner for a peaceful walk and active meditation.



Then, you will receive a private yoga or mindful movement session. If you are more of an active person a workout training session would be included (optional).



During the afternoon, join our doctor for a neuro-linguistic programming session. It is designed to address any issues and / or patterns that you may want to change. As part of your wellness journey with us, we want you to feel inspired to live a life free of any attachments that no longer serve you.

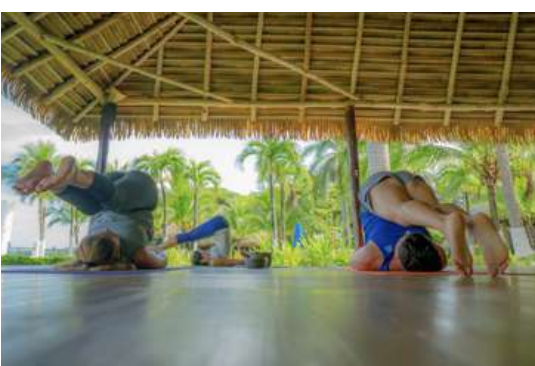


Later, during the evening, there's nothing better than a restorative yoga session to relax the body.



Day 3

Join your wellness practitioner for a morning yoga or mindful movement class.



Enjoy the rest of the day to explore the surroundings, the beach, sailing, kayaking, stand up paddle, or take advantage of the many tours available in the area.



During the evening, you will be guided into a pranayama (breathing exercises) and meditation session at the beach.



Day 4

Get ready for another yoga or mindful movement session, a jog on the beach or a full fitness session.



During the afternoon, enjoy a gentle massage and body exfoliation in the middle of the forest or under a tree with a beach front view.



Bring your body into a vibrational balance with a sound healing therapy.



At last, enjoy a unique culinary experience with the best ocean view. Dine by the beach with a private dinner customized by our Chef.



Day 5

Enjoy your last peaceful morning at Bahia del Sol. ¡Pura Vida!

Your four-night stay includes:

- Liberia airport transfers
- Full board (breakfast, lunch, dinner and non-alcoholic beverages as prescribed for the program)
- A professional wellness practitioner dedicated to your unique wellness journey
- Four private yoga lessons or mindful movement sessions
- One multivitamin IV therapy with an aesthetic & anti-aging certified doctor
- One neuro-linguistic programming session with PNL master coach / certified doctor
- One facial & reflexology therapy
- One full body massage and body exfoliation
- One pranayama (breathing exercises) and meditation session
- One healing sound therapy session
- Bonfire & special private dinner on your last night
- Alcoholic drinks and gratuities are not included. Double occupancy is based on two people sharing a room.

All government taxes are included

RATES 2020-2021

Room Categories	Single	Double
Standard	\$2947	\$4672
Deluxe	\$3725	\$4860
Deluxe Superior	\$3888	\$5200
King Sun Suite	\$4348	\$5485

To book this Itinerary please contact our Wellness Travel Consultant: Isaac Garcia.
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